

# Resources for Talking with Kids about Tragedies and Violence

## Quick Overview

The National Association of School Psychologists tips for parents and educators to talk with children about violence:

- Make time to talk and listen to the concerns and feelings of children
- Reassure children they are safe and review safety procedures
- Create a sense of safety by returning to normal, predictable routines as soon as possible
- Limit the use of media consumption of these events
- Acknowledge that sleep difficulties are common and can lead to fatigue and poor participation

American Psychological Association tips for managing your own distress:

- Reach out for support from other adults
- Limit amount of media intake
- Find ways to help in your community
- Honor your feelings and take time for yourself

## Deep Dive Articles

Talking to Children About Tragedies (American Academy of Pediatrics)

<https://www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx>

Explaining the News to Our Kids (Common Sense Media)

<https://www.commonsensemedia.org/articles/explaining-the-news-to-our-kids>

Helping Children Cope with Frightening News (Child Mind Institute)

<https://childmind.org/article/helping-children-cope-frightening-news/>

Talking to Children About Violence: Tips for Parents and Teachers (National Association of School Psychologists)

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/school-violence-resources/talking-to-children-about-violence-tips-for-parents-and-teachers>

Helping Children with Tragic Events in the News (PBS)

<https://www.pbs.org/parents/thrive/helping-children-with-tragic-events-in-the-news>